

**Full Report (All Nutrients) 03197, Babyfood, cereal, with egg yolks, strained**

**Report Date: June 24, 2017 23:51 EDT**

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

**Carbohydrate Factor: 3.9 Fat Factor: 8.8 Protein Factor:4.2 Nitrogen to Protein Conversion Factor:6.03**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g	1 jar 113g
<b>Proximates</b>						
Water	g	88.80	14	0.100	25.17	100.34
Energy	kcal	51	--	--	14	58
Energy	kJ	213	--	--	60	241
Protein	g	1.90	11	0.000	0.54	2.15
Total lipid (fat)	g	1.80	9	0.000	0.51	2.03
Ash	g	0.50	7	0.000	0.14	0.56
Carbohydrate, by difference	g	7.00	--	--	1.98	7.91
Fiber, total dietary	g	0.9	--	--	0.3	1.0
<b>Minerals</b>						
Calcium, Ca	mg	24	7	0.000	7	27
Iron, Fe	mg	0.47	12	0.050	0.13	0.53
Magnesium, Mg	mg	3	1	--	1	3
Phosphorus, P	mg	40	1	--	11	45
Potassium, K	mg	39	1	--	11	44
Sodium, Na	mg	33	1	--	9	37
Zinc, Zn	mg	0.29	4	0.014	0.08	0.33
Copper, Cu	mg	0.022	3	0.003	0.006	0.025
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.7	7	0.200	0.2	0.8
Thiamin	mg	0.009	8	0.000	0.003	0.010
Riboflavin	mg	0.044	7	0.000	0.012	0.050
Niacin	mg	0.049	7	0.000	0.014	0.055

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Pantothenic acid	mg	0.878	--	--	0.249	0.992
Vitamin B-6	mg	0.021	7	0.000	0.006	0.024
Folate, total	µg	3	3	0.400	1	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	3	0.400	1	3
Folate, DFE	µg	3	--	--	1	3
Vitamin B-12	µg	0.07	1	--	0.02	0.08
Vitamin A, RAE	µg	40	--	--	11	45
Retinol	µg	39	--	--	11	44
Vitamin A, IU	IU	141	6	19.000	40	159
<b>Lipids</b>						
Fatty acids, total saturated	g	0.610	2	--	0.173	0.689
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.010	2	--	0.003	0.011
16:0	g	0.440	2	--	0.125	0.497
18:0	g	0.150	2	--	0.043	0.169
Fatty acids, total monounsaturated	g	0.790	2	--	0.224	0.893
16:1 undifferentiated	g	0.050	2	--	0.014	0.057
18:1 undifferentiated	g	0.730	2	--	0.207	0.825
20:1	g	0.000	2	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.300	2	--	0.085	0.339
18:2 undifferentiated	g	0.260	2	--	0.074	0.294
18:3 undifferentiated	g	0.010	2	--	0.003	0.011
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.030	2	--	0.009	0.034
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Cholesterol	mg	63	1	--	18	71
<b>Amino Acids</b>						
Tryptophan	g	0.027	--	--	0.008	0.031
Threonine	g	0.082	--	--	0.023	0.093
Isoleucine	g	0.100	--	--	0.028	0.113
Leucine	g	0.172	--	--	0.049	0.194
Lysine	g	0.127	--	--	0.036	0.144
Methionine	g	0.051	--	--	0.014	0.058
Cystine	g	0.028	--	--	0.008	0.032
Phenylalanine	g	0.092	--	--	0.026	0.104
Tyrosine	g	0.084	--	--	0.024	0.095
Valine	g	0.122	--	--	0.035	0.138
Arginine	g	0.104	--	--	0.029	0.118
Histidine	g	0.045	--	--	0.013	0.051
Alanine	g	0.084	--	--	0.024	0.095
Aspartic acid	g	0.149	--	--	0.042	0.168
Glutamic acid	g	0.421	--	--	0.119	0.476
Glycine	g	0.056	--	--	0.016	0.063
Proline	g	0.161	--	--	0.046	0.182
Serine	g	0.118	--	--	0.033	0.133
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0